

WOMAN'S HERALD

Devoted to the Household, the Fashions and the Activities of Women.

MARY MARSHALL, Editor.

DAILY DEPARTMENT OF THE WASHINGTON HERALD.

SATURDAY, MAY 29, 1915.

MAKING A DISCOVERY.

That we American women are really not crude, awkward, ill-mannered and badly dressed is the discovery that the wives and daughters of the South Americans here this week to attend the Pan-American Financial Conference have discovered for themselves. They will be pioneers in the real understanding of women of the United States and they will go back to their native land to let the other women know how mistaken they have been about us American women all along.

The South American women buy their clothes directly from Europe or else adopt European designed clothes to their own uses much the same way that we do in this country. They import their hats and gloves, their toilet articles, powders and perfumes from the old world, almost never as yet from the republic of North America. Their magazines, their ideas, their inspiration, comes even more from the Old World than ours do. No wonder then that they did not realize how advanced our women really were in matters purely feminine. That we had progressed from the position of squaw of our red skinned predecessors they knew, but that we followed Paris fashions, kept pace with the arts, with music, knew the new dances and heard the same operas they never dreamed. And many of us had quite as hazy an idea of the woman of the South American countries.

So they have discovered that we are thoroughly civilized—even cultivated, fashionable, Paris-gowned women, and have discovered that they are also civilized, cultivated and—must we admit it?—perhaps a little better dressed than we are.

The bride of today wears real live oranges—not the pale white orange blossoms of other years—but the rich yellow fruit, in miniature size, to be sure, but quite large enough to be seen. And with fruit in our hair we may soon be wearing vegetables, savory tomatoes, fragrant onions and the gray-haired carrot.

History repeats itself, and if we did adopt this fad it would not be the first time that women had decked their heads with vegetables. Read this from the memoirs of the Marquise de Oranien.

"Ask my niece, Mme. de Matignon, if it is not true that in 1785 she had her head dressed a la jardiniere, with a real chervil duster, into which M. Leonard (the queen's hairdresser) had artfully inserted a small artichoke, a broccolo, a fine carrot and some radishes. When Danton (the Comtesse de Launay-Picot, a rich creole) saw she was so delighted that she exclaimed, 'I will never wear anything but vegetables. It is so simple, and more natural than flowers!'"

"What is feminism?" asks Carrie Chapman Catt, and answers her question thus: "A world-wide revolt against all artificial barriers which laws and customs interpose between woman and human freedom. It is body of the instinct within every natural woman's soul that God designed her as the equal, the co-worker, the comrade of the men of her family, and not as their slave, or servant, or dependent, or plaything."

"In Persia feminism is a demand for education, in Turkey it is an attempt to unveil, in China and India the crying demand of the women is to substitute a free choice of husbands and wives, after our American fashion, for the system by which hired 'go-betweens' arrange wedding contracts between the fathers of young people who never see each other before the wedding day."

Australia in 1913 imported \$1,255,000 worth of cement.

The Real Secret Of Success

—in baking is not in the skill of the cook—it's in the QUALITY of the flour.

Don't waste your time and money on flour of inferior quality—order the brand that has never failed to demonstrate its superiority—

Cream Blend FLOUR

AT YOUR GROCER'S.
B. B. Earnshaw & Bro.
Wholesalers, 1008, 1100, 1200, 1300 14th St. N. W.

FAMOUS WOMAN

HER BIRTHDAY AND YOURS

May 29—Sarah, Duchess of Marlborough.

To put it plainly, Sarah, Duchess of Marlborough, was besides being one of the most beautiful women of the seventeenth century, one of the most successful grafters ever known in England, and with her husband, John Churchill, Duke of Marlborough, they carried on for many years a successful hold-up game with the English government that has never been equaled in the history of the country.

She was a very beautiful and sprightly young woman, acting as an attendant in the household of Mary of Modena when the handsome John Churchill met her, and although his family objected to a match and deemed her beneath him, and although John Churchill was a fickle, and although John Churchill was one of the great young men of the time, the match was finally brought about in 1678.

Throughout the long career of the great Duke of Marlborough Sarah played a brilliant though often part, her beauty and brilliance aiding him at every hand. An interesting list of the various sources of income derived by the Churchills from the English government has been frequently quoted. The total amount of this income was £235,000 pounds, the equivalent of over \$3,750,000.

The various roles under which this income was derived were general of the time: Mistress of the Robes, and Colonel of the guards. For traveling expenses, for entertaining and for presents of diplomatic nature he received an additional fortune. The duchess received 2,000 pounds a year as groom of the stable and 1,500 pounds for each of the three following offices: Ranger of Windsor, Mistress of the Robes, and Keeper of the Privy Purse. In addition to all this income the English government was drained for the building of the great Marlborough castle called Blenheim.

(Copyright, 1915.)

HOROSCOPE.

"The stars incline, but do not compel."

Saturday, May 29, 1915.

According to astrology, Uranus rules for good today. Neptune and Mars are mildly adverse.

Under this way, it is held lucky for journeys connected with business. Scientific pursuits of all sorts should profit from the influence. Success in inventions that employ electric devices is indicated. One of these will affect the entire transport system and will be introduced as a result of losses in railway profits.

Changes in business or professional associations are likely well directed under this government.

The planets are supposed to add investigations into what is curious and mysterious, while this constellation reveals the discovery of intrigues and secret machinations or conspiracies is probable when Uranus is friendly.

The influence today are likely to ferment quarrels and dissensions. They who are wise will practice self-restraint. Conditions are inimical to domestic harmony.

The seers prophesy complications in the government machinery at Washington. Secretary's evil power, which has been interpreted as foreshadowing trouble in the navy, will continue to be felt for many months, it is said.

Cabinet changes will be sudden and unexpected, astrologers announce. President Wilson will be subjected to criticism which will not seriously affect him, if his horoscope is read aright.

Fires are to be numerous in the next three months. A Western city will suffer widespread damage, it is foretold. Warning is given against the danger of race wars in the United States. Similar signs point to serious troubles.

View of the prognostications for the year is that many persons will attain sudden fame. The dawn of a new order of things will bring new heroes and heroines, the seers declare.

Persons whose birthdate it is may be disturbed by many petty cares. They may gain by changes or removals. Children born on this day have the augury of success and happiness. These subjects of Gemini may be inclined to scatter their energies, but they are likely to attain ambitions in more than one vocation. Their principal ruling planet is Mercury.

(Copyright, 1915.)

INTERESTED IN LAWS FOR THE CHILDREN

The skin of the mole is much sought for the manufacture of furs, and those much use of it in this country have heretofore been imported from Europe, but it is entirely likely that we will supply this demand by the home product at no distant time.

Australia in 1913 imported \$1,255,000 worth of cement.

Don't waste your time and money on flour of inferior quality—order the brand that has never failed to demonstrate its superiority—

Don't waste your time and money on flour of inferior quality—order the brand that has never failed to demonstrate its superiority—

Don't waste your time and money on flour of inferior quality—order the brand that has never failed to demonstrate its superiority—

Don't waste your time and money on flour of inferior quality—order the brand that has never failed to demonstrate its superiority—

Don't waste your time and money on flour of inferior quality—order the brand that has never failed to demonstrate its superiority—

FOLK WE TOUGH IN PASSING

SENSE OF HONOR.

By JULIA CHANDLER MANZ.

(Copyright, 1915.)

When The Man asked The Girl to marry him he had the impression that she had been created for the express purpose of accompanying him through life. He was proud of her loveliness and the impression she invariably created among his friends through her unfeigned charm and vivacity, and entered into his engagement with no sense of uncertainty.

The Girl was equally infatuated with The Man. He was a splendid chap, successful in business, clean and fine and manly. Any girl might be proud to be his wife for the keenness of his sense of honor was a matter of frequent comment among his friends and associates. The Girl felt great pride therefore in the announcement of her engagement, and considered it no cross that they must wait a year or two for their marriage. As her mother reminded her, she was young enough, and as The Man argued, it was better to make a little sacrifice for the sake of his better financial footing before marriage than perhaps a continuous one afterward.

So it became generally known that The Man and The Girl were engaged and those who knew their qualities of character said it was as good as a marriage, for neither the one nor the other was likely to take their betrothal lightly.

The Man had been engaged to The Girl for almost a year when he met The One Woman. Before that he had believed that he was in love with his betrothed, but he was to realize the difference through weeks and months of acute suffering.

On a certain moonlit night, whose soft, still beauty seemed to have been created just for the sake of lovers, The Man found himself alone with The One Woman. There were no words, but the language of hearts flowed from one to the other above the gurgle of the fountain in the garden, and The One Woman reached out a soft hand and laid it gently upon the arm of The Man, whereupon he uttered the cry of an animal at bay, said something about obedience to his sense of honor and fled, leaving The One Woman standing alone in the heart of the perfumed garden.

In the days that followed The Man went down into the jaws of hell and agonized in spirit until he was prostrate with suffering. Then he went bravely to The One Woman; told her that he felt himself a cad for having



Leaving the One Woman standing alone in the heart of the perfumed garden, let her look upon his naked soul; plead with her to help him forget the night in the garden; said he would need all the strength she could give him to meet his obligation to The Girl, which he was in honor bound to do, and when he left he had no understanding of the queer twisted smile The One Woman gave him as she told him that there were different conceptions of the meaning of the word.

The Girl was so much absorbed in her own great problem that she did not notice the abstractions of The Man. Through the winter of her engagement to him she had been much thrown with a young business associate of her father's, and when the springtime brought its flowers it brought also to the heart of The Girl the realization that her thoughts were perfectly attuned to those of her new friend; that her heart beat in complete unison with his, and that by his side only could she fulfill the higher possibilities of her womanhood.

As the twilight shadows of a May evening wrapped the world in a purple shroud The One Man spoke to The Girl.

"There is no other way," he told her, "I must have you."

"There is the way of honor," answered The Girl in quivering tone.

"There can be no real happiness save along the pathway of right."

"Is it honor to marry a man whom you have come to realize you do not love?" questioned The One Man.

"That," said The Girl, "is not the question. He loves me, and I have given my word to be his wife. I am sure that I can make him happy, and I have no right to break a solemn promise for the sake of personal gain."

When The One Man argued the matter, and tried to show The Girl how foolish a thing was her conception of honor, she smiled at him sadly through her tears, and when she had bidden him good-by, went to her room to wash away the traces of her struggle that she might dutifully give her loveliest self to The Man when he should come for his evening call.

Three years had elapsed since The Man and The Girl were married, when, one day, The One Man, who had been away since The Girl had made her position clear to him, came suddenly home without the knowledge of The Girl. This it happened that when she met him unawares all the pent up yearning of the years of her marriage leapt into her eyes, and the joy which surged into her heart lighted her face until it seemed to The Man who stood silently by that his wife had become transfigured.

Along with her he watched her narrowly.

"Why did you not tell me?" he questioned suddenly.

And The Girl somehow did not need to ask what he meant.

"I have tried very hard to make life beautiful for you," she evaded.

"Yes!" said The Man. "I have no complaint, but that does not answer my question. Why did you not tell me?"

"I was engaged to you when it happened," answered The Girl simply, "in honor bound to marry you. I knew you loved me, and I had no right to sacrifice you for my personal gain. It was a question of honor."

The Man opened his lips to comment upon a sense of honor that sacrifices the greatest thing in the world upon its uncompromising altar when suddenly his senses were steeped in the pungent perfume of a beautiful garden as it lay wrapped in the soft moonlight of a summer's night. He heard the music of a fountain; felt the pressure of a soft hand on his arm; in his ears rang his own voice explaining to The One Woman the exactions of honor, and suddenly he was filled with such an overwhelming sense of the complexity of a moral code in which blind obedience to an established principle can wreck the happiness of four lives at one fell swoop that whatever it was he had intended to say in answer to the explanation of The Girl remained forever lost.

HOUSE-WIVES DAILY ECONOMY CALENDAR

CHEAP VACATIONS IN CAMP.

A vacation "camping out" can be made into the most delightful and health-giving sort of vacation imaginable. And if it is carefully planned and carried out it can be economically accomplished, too.

To begin with, the place where the camp is to be established must be chosen. If the vacation is taken all at one time, the camping place may well be at a distance from home. If the vacation is to consist of week-end and holiday trips to camp throughout the summer, it must be accessible. Wherever it is, it must be in a well-drained situation, with some attractions—lake, stream, or mountains—near at hand. And of course there must be a convenient water supply, both for drinking and bathing.

When the place is chosen, decide definitely how much money you can spend on equipment. It is possible to get some camping sites free of charge, and for others a slight rent must be paid. But this expense, at any rate, is not very big. Clothes need be very inexpensive. Old underclothes, a shade hat, comfortable shoes, cheap khaki shirts and trousers, or middie blouses, or flannel ones, if the place chosen is cool, with a waterproof cap, coat and shoes for rainy weather, are all that is necessary. Of course, you will need some sort of shelter. If camping is to be a yearly occurrence, a portable house can be considered economical. They are not really very expensive, and with their wooden floors, their screened windows and doors, and their protection against bad weather, they are decidedly comfortable.

But of course a tent will serve the purpose of protecting campers from rain and sun and is cheaper. There must be beds of some sort. One can be bought for \$25—a cot of duck, on a stout frame, and others, wider and of better quality, cost a little more. Usually bedding can be supplied from the home cupboard. There should be one wooden blanket, at least, for each cot, for damp, chilly nights are bound to come. Steamers make good covers for these nights. For 50 cents you can get a camp chair, and there should be one of these for each camper. These fold out of the way when not needed. More commodious chairs, more comfortable, too, cost more, but if money and space must be economized the camp chair and the cot form the necessary resting places. A table of some sort—there are admirable folding camp tables, three by six feet, that cost \$2.50 for eating is essential—and that all the really substantial furniture necessary. Of course comfortable reclining chairs, a hammock, to swing under the trees, shelves for books—all these are added conveniences.

Perhaps the cheapest bath tub is a tin one. There are folding ones of rubber that cost from \$5 to \$10 that are ideal. Where there is good, safe bathing a tub can sometimes be omitted. For \$1 one can buy a folding wash basin of rubber, simple for a special bath.

For cooking, a camp fire or an oil stove can be used. And if you are staying long at a camp, it pays to get a cheap set of crockery—in a pretty pattern, heavy and not easy to break. Make some cretonne bags to hold soiled clothes, supplies, shoes, anything that has no other place. They look well and keep the camp neat. And cover every old cushion you possess with some cheap cretonne to add comfort and coziness to your tent or shack.

(Copyright, 1915.)

Three New Bathing Caps.

The "Tippah" bathing cap, a high model, finished at the top with a long rubber tassel, which hangs straight down the front of the cap. The cap is boned in the front to keep it high and straight, and acts as a support to the tassel.

The jockey-shaped bathing cap is made in a combination of blue and green, also red and black. The only trimming on this cap is the regular button on top.

The Castle cap for beach wear is made in light green satin, lined with rubber. Effectively trimmed with small roses fashioned from green and black satin.

United States parcel post will now carry infants limited distances.

(Copyright, 1915.)

TODAY'S FASHION HINT.

United States parcel post will now carry infants limited distances.

United States parcel post will now carry infants limited distances.

United States parcel post will now carry infants limited distances.

United States parcel post will now carry infants limited distances.

United States parcel post will now carry infants limited distances.

United States parcel post will now carry infants limited distances.

United States parcel post will now carry infants limited distances.

United States parcel post will now carry infants limited distances.

United States parcel post will now carry infants limited distances.

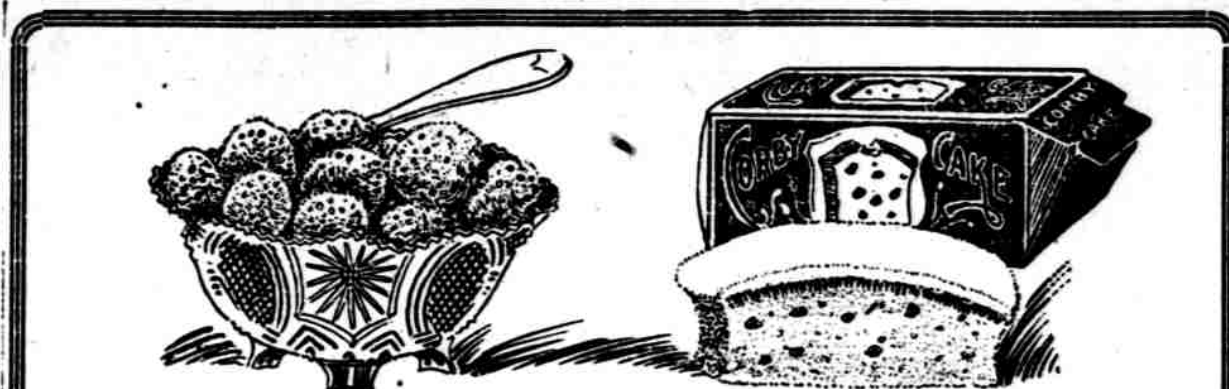
United States parcel post will now carry infants limited distances.

United States parcel post will now carry infants limited distances.

United States parcel post will now carry infants limited distances.

United States parcel post will now carry infants limited distances.

United States parcel post will now carry infants limited distances.



To the Public:

You can rely upon Corby Cakes being absolutely fresh, through our system of delivery to your grocer three times a day. They are practically "just baked" when you get them from him.

The name Corby guarantees the purity, and to protect them from all exposure in handling, each portion is wrapped in wax paper and securely boxed.

Made in five popular varieties; Raisin, Chocolate, Plain Pound, Lady's Cake, and Citron.

To be sure of satisfaction you need only to be sure it is Corby's.

10 Cents.

Corby Baking Company

100% Pure—Always.



Exercise and High Blood Pressure.

As a race, Americans suffer most from high blood pressure—that is, they are addicted to habits and practices that raise the pressure of the blood in the arteries. This is probably not a growth of the day—the high pressure of life is not entirely a modern condition—but it is only of recent years that the importance of blood pressure on life and general health has been understood by physicians. It is still not generally understood by laymen.

The expression "high blood pressure" has a terrifying sound, because people have learned that it accompanies certain diseases, such as heart failure, arterio-sclerosis, Bright's disease, apoplexy, etc. On the other hand, low blood pressure means neurasthenia, general debility and brain fag.

It is highly valuable that we should understand what mode of life to follow for normal pressure.

Most life insurance companies now take the blood pressure as a part of the ordinary medical examination. The instrument most commonly used has an attachment which straps about the arm, with a little rubber cushion beneath it. Air is pumped into the arm. This pressure, by means of a rubber tube, is communicated to a chamber containing mercury, marked with a millimeter scale, something on the manner of a thermometer. By means of this scale it is determined how many millimeters of mercury are equivalent to the patient's blood pressure. Tests made on several thousand apparently healthy adults, under forty-five years, show that the average healthy individual has a blood pressure varying from 110 to 120 millimeters.

Insurance companies charge a higher rate where the blood pressure is between 140 and 160 and decline to issue policies to those whose pressure is over 160.

Above this is high blood pressure; below is low pressure, neither of which is desirable, although the danger line is by no means indicated by either of these figures.

Perhaps I can make it plain by stating that high pressure does not mean the rapidity of bloodflow through the blood vessels, but the side pressure against the walls of the arteries, the systolic pressure. This side pressure is often relieved by a better circulation gained through exercise and through regulation of diet and of thought.

It has been discovered by careful experiments that certain substances taken into the body and certain mental conditions will greatly raise or lower the blood pressure and the danger line is due to the increase of tobacco consumption.

The caffeine of coffee and the theine of tea exert a direct influence in elevating the blood pressure, and the same is true, in a less dangerous degree, of many commoner' such as vinegar, pepper, horseradish and excessive eating of meat.

Alcohol temporarily lowers the blood pressure, but the reaction is swift and dangerous. People who use alcohol habitually generally have dangerously high pressure.

Moraine lowers the blood pressure, while cocaine is a powerful raiser. This is why people addicted to morphine are unconsciously led to substitute cocaine, the quickest known part in the regulation of pressure. A diet too rich in protein, as too much meat, for instance, raises the pressure, while a diet not sufficiently rich in protein tends to low pressure.

Experiments in blood pressure can also be accurately applied to determine the result of mental habits. By careful demonstration it has been proved that mental calm, faith and trust have a beneficial effect on the blood pressure. When the condition of the mind is tense

on these organs as well as to strengthen the entire nervous system. If your nerves are weak they are not properly directing the digestion and assimilation of your food and the elimination of the waste of your system. Since your stomach is weak, the tannin in the quantities of tea you are drinking may affect your digestion. If you will drink lots of water instead of tea it will be very much better for you. Be sure that you form the right breathing habits so that you take in sufficient oxygen to put the waste of your system in condition to be thrown off. Then keep the liver, intestines and kidneys normally active. Try to cultivate cheerful, optimistic, health-building thoughts. Your physician will give you a tonic and you should help him by regular exercises of the vital organs and regular deep breathing exercises. The falling hair is due to the lack of resistance in your system due to faulty assimilation and imperfect elimination, and to lack of proper nourishment to the roots of the hair.

(Copyright, 1915.)

The Children's Vocabulary.

We teach our children to eat nicely, to walk gracefully, and to dress themselves neatly, and all the rest of it, but very few of us take the trouble to teach them how to talk in an interesting way, though the art of entertaining conversation is as valuable an art as one can possess, says the Camden Daily Courier.

If you listen to the ordinary gossip in an average family you will notice that the children use the same set of words again and again. They have half a dozen adjectives with which they sprinkle their conversation and they help out their lack of expression by such tags as "Oh, well, you know what I mean," or "It was a sort of what-do-you-call-it," and so on.

It is a pity to allow such slovenly habits of speech to be formed. Even when the accent and grammar are quite good, the children's speech is often very uninteresting just because of the thoughtless style of expression used.

When a glaringly unsuitable word is used take a chance of speaking about it and suggesting a better one. There will be no need to nag at the children on such points as these. They will be only too glad to learn if they have the chance, for most little ones are instinctively attracted by the mere sound of fine words.

(Copyright, 1915.)

When You Think of Toilet Articles, Think of



A Shop Devoted Exclusively to The Selling of Toilet Articles

—and one that will be appreciated by the women of Washington. We sell Toilet Articles of known worth—the famous

M & C Preparations

—and invite all women to call and secure

FREE SAMPLES

Free Demonstrations Daily.

There is a toilet article to fit practically every need. M & C

Toilet Articles are far superior to others, yet cost no more.

M & C Cleansing Cream, 25c, 50c, \$1 and \$2.

M & C Massage Cream, 50c.

M & C Rose Tint, 35c.

M & C Tar Ointment, 50c.

M & C Hair Tonic, 50c.

M & C Bath Powder, 30c.

M & C Witch Hazel Lotion, 25c.

M & C Facial Emulsion, 50c.

Another of the M & C Varieties

M & C Face Powder, 25c and 50c.

M & C Brilliantine, 35c.

M & C Face Powder, 25c and 50c.

M & C Brilliantine, 35c.

M & C Face Powder, 25c and 50c.

M & C Brilliantine, 35c.

M & C Face Powder, 25c and 50c.

M & C Brilliantine, 35c.

M & C Face Powder, 25c and 50c.

M & C Brilliantine, 35c.

M & C Face Powder, 25c and 50c.

M & C Brilliantine, 35c.

M & C Face Powder, 25c and 50c.

M & C Brilliantine, 35c.

M & C Face Powder, 25c and 50c.

M & C Brilliantine, 35c.

M & C Face Powder, 25c and 50c.

M & C Brilliantine, 35c.

The Powder Box